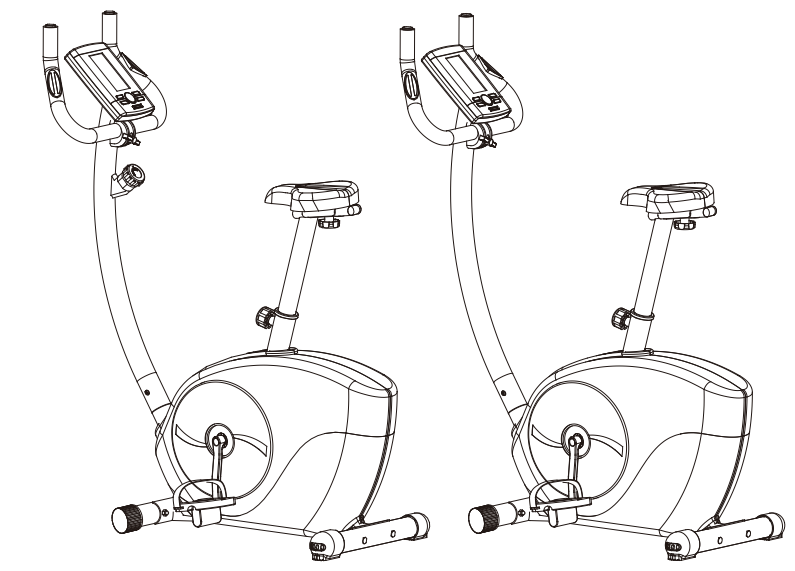

FOR MODEL :

Colima

Colima Pro

BIKE USER'S GUIDE

Colima & Colima Pro 032309 © 2009 Horizon Fitness Products | Made in China

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INTRODUCTION

CONGRATULATIONS and **THANK YOU** for your purchase of this Horizon Fitness bike!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, an Horizon Fitness bike can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read all instructions before using this bike. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this bike. It is the responsibility of the owner to ensure that all users of this bike are adequately informed of all warnings and precautions.

⚠WARNING *To reduce the risk of burns, fire, electrical shock or injury to persons:*

- If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Maintain a comfortable pace. Do not sprint above 80 rpms on this machine.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not wear clothes that might catch on any part of the bike.
- Do not turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- Do not insert or drop any object into any opening.
- Unplug bike before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- This bike should not be used by persons weighing more than 110kg Failure to comply will void the warranty.
- This bike is intended for in-home use only. Do not use this bike in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use bike in garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- Use the bike only as described in this manual.

At NO time should pets or children under the age of 12 be closer to the bike than 10 feet.
At NO time should children under the age of 12 use the bike.
Children over the age of 12 should not use the bike without adult supervision.

It is essential that your bike is used only indoors, in a climate controlled room. If your bike has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the bike is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

BEFORE YOU BEGIN

CONGRATULATIONS! *on choosing your bike. You've taken an important step in developing and sustaining an exercise program! Your bike is a tremendously effective tool for achieving your personal fitness goals. Regular use of your bike can improve the quality of your life in so many ways.*

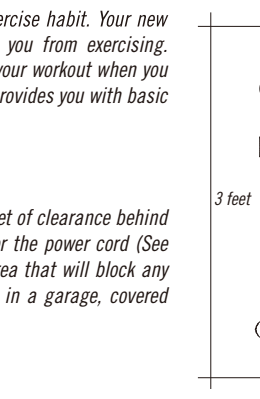
HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new bike will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your bike in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE BIKE

Place the bike on a level surface. There should be 6 feet of clearance behind the bike, 3 feet on each side and one foot in front for the power cord (See diagram to the right). Do not place the bike in any area that will block any vent or air openings. The bike should not be located in a garage, covered patio, near water or outdoors.

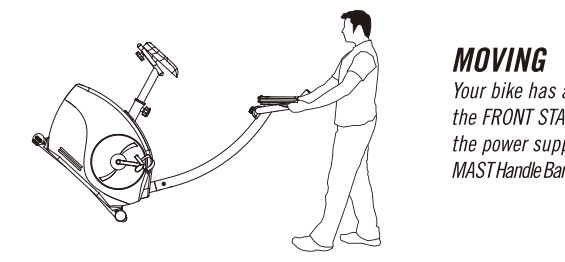


BIKE OPERATION

POWER

Your Colima console is using 2 x AA batteries, but Colima Pro is powered by a power supply. The power must be plugged into the power jack, which is located in the front rear of the STABILIZER TUBE.

⚠WARNING ***Do not operate the bike if the power cord or plug is damaged. If the bike appears to not be working properly, do not use the bike.***



MOVING

Your bike has a pair of transport wheels built into the FRONT STABILIZER TUBE. To move, first remove the power supply and firmly grasp the CONSOLE MASTHandleBar, carefully tilt and roll.

⚠WARNING *Our bikes are well built and heavy, weighing up to 110 kg ! Use care and additional help if necessary when moving.*

ADJUSTING THE SEAT

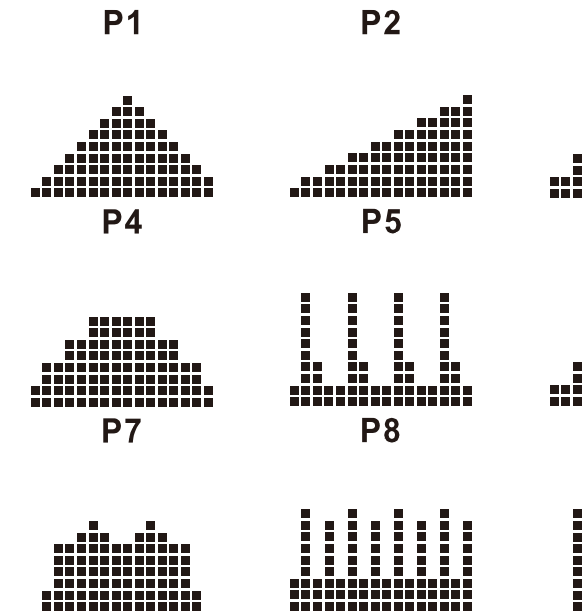
To adjust the seat by rotating the nob and loosen the screw. Pull out the nob and adjust the seat to a comfortable pedaling position (one that keeps a slightly bend in your knee while your legs are in the extended position). Lock the screw by rotating nob clockwise until it tightens.

NOTE: *It is recommended that you do not sit on the seat while adjusting its position.*

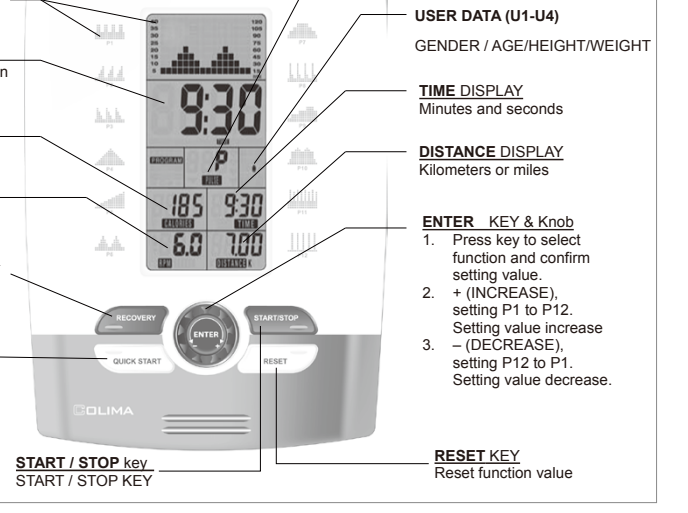
ADJUSTING THE HANDLEBAR

To adjust the handlebar by rotating the nob and loosen the screw. Then, pull out the nob and adjust the handlebar to a position you prefer. Lock the screw by rotating nob clockwise until it tightens.

COLIMA & COLIMA PRO WORKOUT GRAPHICS



COLIMA CONSOLE DISPLAY


HORIZON
SPEED PROGRAM
P1 – P12 Graph Programs
BIG DIGIT DISPLAY
Scan and show right function value.
CALORIES DISPLAY
Measure in kilocalories. .
RPM / SPEED DISPLAY
Kilometers per hour (km/h)
RECOVERY KEY
To activate the RECOVERY program that will automatically evaluate your fitness level. See below
QUICK START KEY
START / STOP key
START / STOP KEY
PULSE DISPLAY
User heart rate/pulse.
USER DATA (U1-U4)
GENDER / AGE/HEIGHT/WEIGHT
TIME DISPLAY
Minutes and seconds
DISTANCE DISPLAY
Kilometers or miles
ENTER KEY & Knob
1. Press key to select function and confirm setting value.
2. + (INCREASE), setting P1 to P12. Setting value increase
3. – (DECREASE), setting P12 to P1. Setting value decrease.
RESET KEY
Reset function value
9:30
185
6.0
7.00
RECOVERY
ENTER
START/STOP
QUICK START
RESET
COLIMA

Getting Started INSERT TWO BATTERIES
The beeper beeps a long sound after the battery is installed, and all LCDs are lit up for 2 seconds, then it enters initial workout ENTER.

POWER ON DISPLAY
TEMPERATURE : ˚C(0~60˚C)；˚F(32~99˚F)。
CALENDAR : 1900/1/1~2006/1/1~2099/12/31。
CLOCK : 24 HOURS / 0:00 ~ 23:59

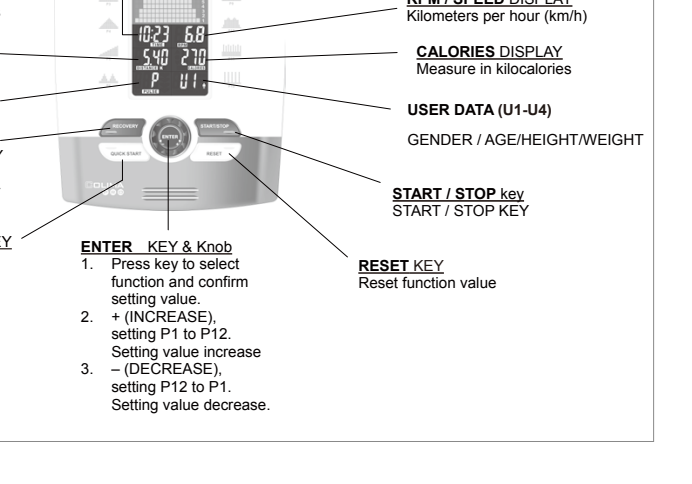
COLIMA CONSOLE OPERATION

1) ***MANUAL MODE***
USER press START/STOP to start workout, each function value TIME / DISTANCE / CALORIES / PULSE will count up automatically from 0 to real exercising.

2) ***PROGRAM MODE (SPEED PROGRAMS)***
Built-in SPEED PROGRAM chart- 12 speed programs to let user choose different mountain curve of (SPEED) they can achieve.

3) ***RECOVERY***
When the PULSE is working, please press RECOVERY key to start the recovery function.

COLIMA PRO CONSOLE DISPLAY



COLIMA PRO CONSOLE OPERATION

1) ***MANUAL MODE***
USER press START/STOP to start workout, each function value TIME / DISTANCE / CALORIES / PULSE will count up automatically from 0 to real exercising.

2) ***PROGRAM MODE (SPEED PROGRAMS)***
12 automatic adjusting programs with control exercise (P1~P12), Resistance level can be adjusted during PROGRAM DIAGRAM is flashing.

i. WATTS CONSTANT
User can default WATTS value at his/her desire 10-350 watts between 10~350 watts by using the UP/ DOWN knob. To fix WATTS constant value and then press ST/STOP key. Use WATTS control mode to train yourself in different WATTS's constant.

ii. PERSONAL
Create your own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.

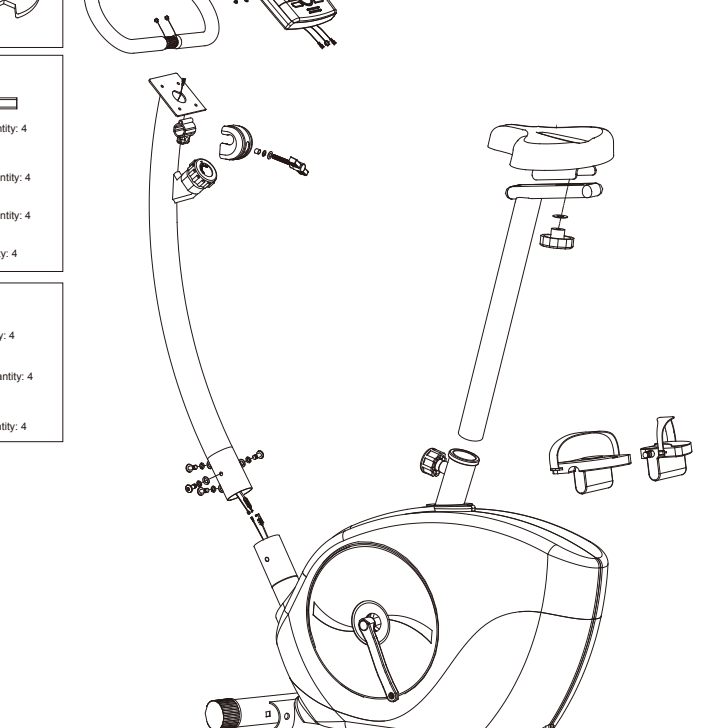
iii. H.R.C (HEART RATE CONTROL)
Select your own target Heart Rate of choose one of the preset programs 55%, 75% or 90%. Please enter your age into the User Data to ensure that your target heart rate is set correctly. The PULSE display will flash when you have reached your target heart rate according to the Program you have chosen.

3) ***RECOVERY***
When the PULSE is working, please press RECOVERY key to start the recovery function.

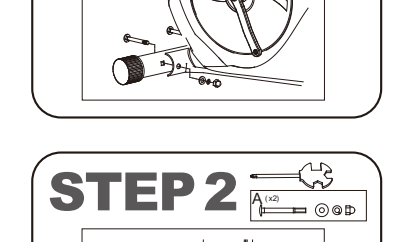
Assembly Guide

HORIZON FITNESS

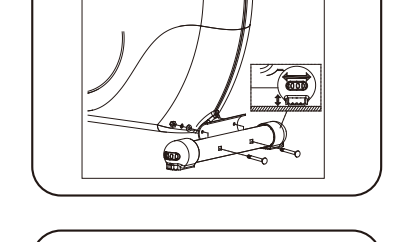
Colima


M 6
121*D6
A (x4)
M 8*75mm Bolt Quantity: 4
M 8 Flat Washer Quantity: 4
M 8 Flat Washer Quantity: 4
M 8 Ny Nut Quantity: 4
B (x4)
20mm Bolt Quantity: 4
M8 Spring Washer Quantity: 4
M8 Flat Washer Quantity: 4

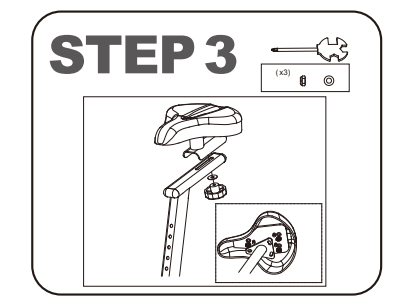
STEP 1



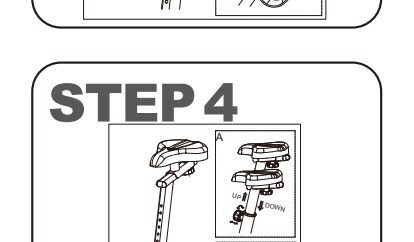
STEP 2



STEP 3



STEP 4



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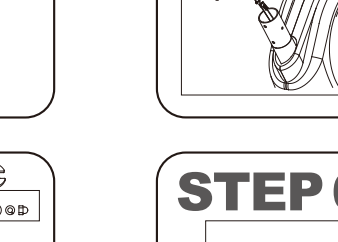

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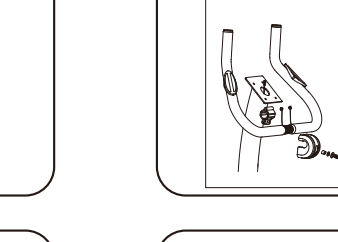

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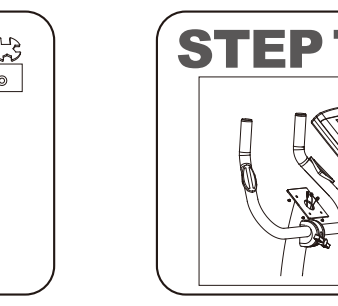
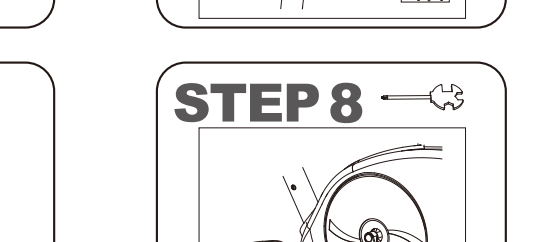


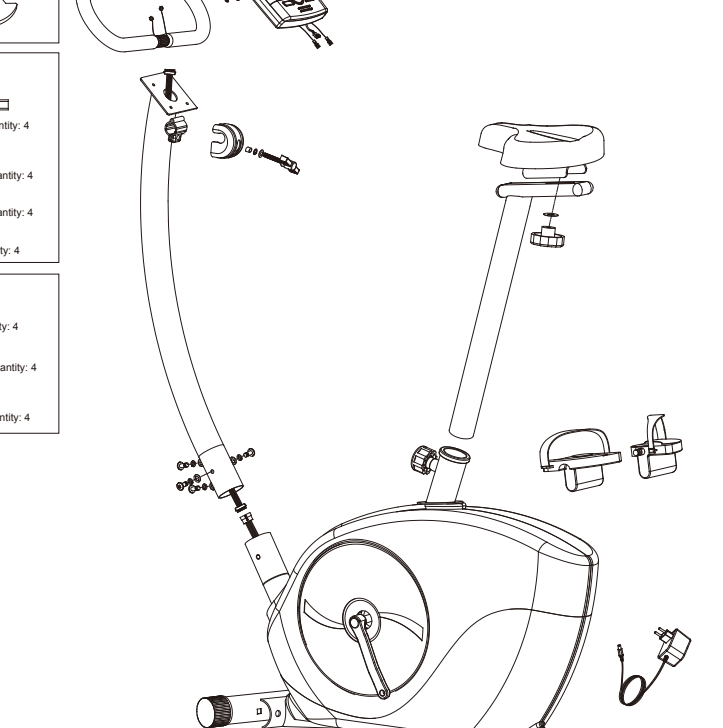
STEP 8



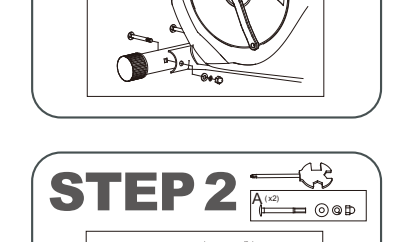
Assembly Guide

HORIZON FITNESS

Colima Pro



STEP 1



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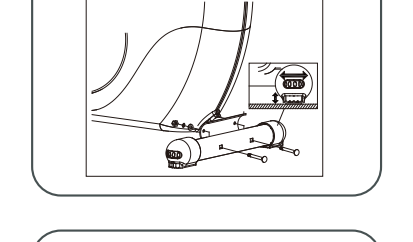

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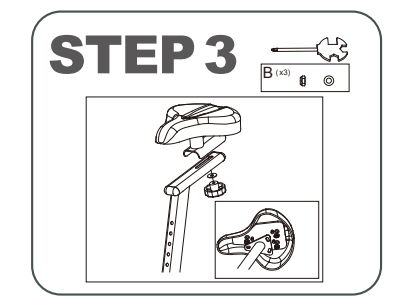
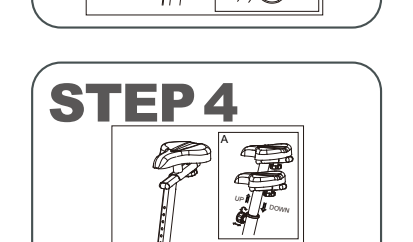
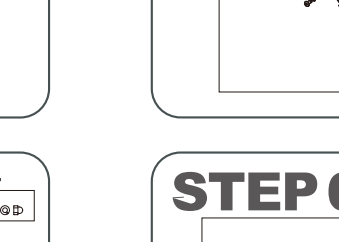


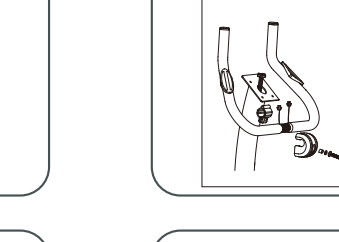
STEP 4



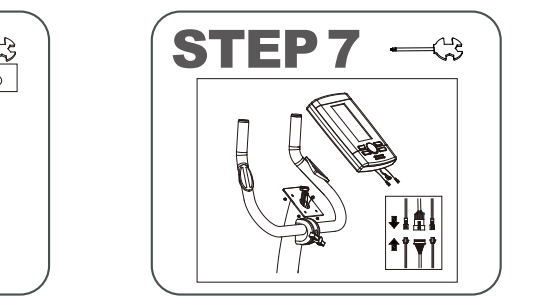
STEP 5



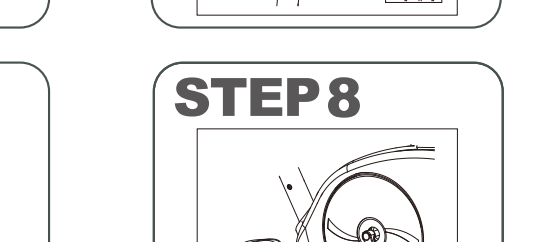
STEP 6



STEP 7



STEP 8



HEART RATE

HANDLEBARS
Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

THUMB PULSE

How to Use:

1) *Place thumb over Thumb Sensor.*

2) *The inspection window should be completely covered by your finger.*

3) *Wait for a few seconds, and your heart rate will show in the HEART RATE window.*

WARNING: *Do not press excessively hard on the sensor as this may cause damage.*

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars or a wireless chest transmitter - may be sold separately), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

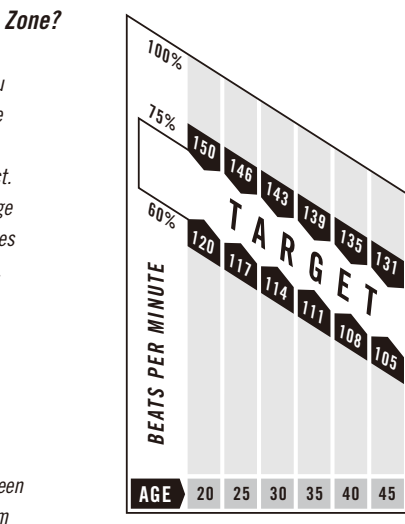
PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

TARGET HEART RATE ZONE CHART

What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute your heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.

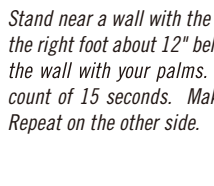


EXAMPLE:
For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Hear Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

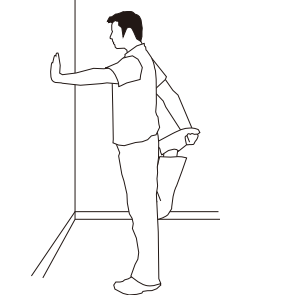
TIPS ✓ STRETCHING

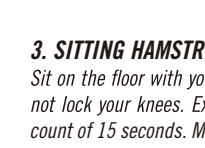
STRETCH FIRST
Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.



1. STANDING CALF MUSCLE STRETCH
Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.

2. STANDING QUADRICEP STRETCH
Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.





3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH
Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

TIPS ✓ THE IMPORTANCE OF A WARM-UP & COOL DOWN

WARM UP
The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN
Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

TIPS ✓ ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss - lower intensity, longer duration workouts
- Improve Body Shape and Tone - interval workouts, alternate between hi and low intensities
- Increased Energy Level - more frequent daily workouts
- Improved Sports Performance - high intensity workouts
- Improved Cardiovascular Endurance - moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short-term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages, or you can print them off of your computer by going to:

As your fitness improves, you can look back and see how far you've come!

TROUBLESHOOTING

Your Horizon Fitness bike is designed to be reliable and maintenance-free. However, if you do experience problems with your bike, please reference the troubleshooting guide listed below.

PROBLEM: *The console does not light up.*
SOLUTION: *Verify the following:*

- Check the batteries.
- The outlet of the machine is fuctional. Double check that the breaker has not tripped.
- The correct adapter is being used. Only use the adapter provided or authorized by Horizon Fitness.
- The adapter is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position (may not apply to all models).
- Turn off the machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.

PROBLEM: *The console lights up but the Time/RPM's do not count.*
SOLUTION: *Verify the following:*

- Turn off machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.

PROBLEM: *The resistance levels seem to be incorrect, seeming too hard or too easy.*
SOLUTION: *Verify the following:*

- The correct adapter is being used. Only use the adapter provided or authorized by Horizon Fitness.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

PROBLEM: *The bike makes a squeaking or chirping noise.*
SOLUTION: *Verify the following:*

- The bike is on a level surface.
- Loosen all bolts attached during the assembly process, grease the threads, and tighten again.

HEART RATE TROUBLESHOOTING

PROBLEM: *There is no heart rate reading.*
SOLUTION: *Remove the console and verify that the heart rate cables are attached properly, making sure that the cables are securely inserted into the console.*

Check your exercise environment for sources of interference such as high power lines, large motors, etc.

YOU MAY EXPERIENCE AN ERRATIC READOUT UNDER THE FOLLOWING CONDITIONS:

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate grips while exercising.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try moistening your palms or rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palms is especially thick.
- Press thumb pulse too hard may cause erratic reading. Use moderate pressue while checking pulse

NOTE: *If you are having trouble getting an HR reading using your thumb, try using your index finger*

NOTE: *Outside interference sources such as computers, motors and fluorescent lights may cause the heart rate reading to be erratic.*

If the above troubleshooting section does not remedy the problem, discontinue use and turn the power off.

CALL CUSTOMER TECH SUPPORT AT THE NUMBER ON THE BACK PANEL.
WHEN YOU ARE NEAR THE EQUIPMENT PLEASE CALL YOUR LOCAL DEALER FOR SUPPORT.

The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number
- Date of Purchase (receipt or credit card statement)

In order for Customer Tech Support to service your bike, they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- If you are having a resistance problem what is occurring? Is the resistance always too hard or too easy? Does the resistance respond when pushing the buttons on the console? Does the resistance constantly cycle through the levels during the workout?
- Has the machine been maintained per the maintenance schedule?
- Does the problem occur when using the handlebars? Without using the handlebars?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your Horizon Fitness bike running again!

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY BIKE MAKES NORMAL?
Our bikes are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our bikes. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE BIKE I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?
All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

HOW LONG WILL THE DRIVE BELT LAST?
The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

CAN I MOVE THE TRAINER EASILY ONCE IT IS ASSEMBLED?
Your bike has a pair of transport wheels built into the front legs. It is easy to move your bike by rolling it on the front transport wheels. It is important that you place your bike in a comfortable and inviting room. Your bike is designed to use minimal floor space. Many people will place their bikes facing the TV or a picture window. If at all possible, avoid putting your bike in a unfinished basement. To make exercise a desirable daily activity for you, the bike should be in a comfortable setting.

CAN I PEDAL BACKWARDS ON MY BIKE?
Your bike allows you to pedal both forward and backwards to exercise and strengthen a wider range of muscles.

MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?
We use sealed bearings throughout our bikes so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the trainer after each use.

HOW DO I CLEAN MY BIKE?
Clean with soap and water cleaners only. Never use solvents on plastic parts.

Cleanliness of your bike and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Horizon Fitness recommends that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)
Turn off the bike by unplugging the power cord from the wall outlet

- Wipe down the bike with a damp cloth. Never use solvents, as they can cause damage to the bike.
- Inspect the power cord. If the power cord is damaged, contact Horizon Fitness.
- Make sure the power cord is not underneath the bike or in any other area where it can become pinched or cut.

⚠WARNING *To remove power from the bike, the power cord must be disconnected from the wall outlet.*

WEEKLY
Clean underneath the bike, following these steps:

- Turn off the bike.
- Move the bike to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the bike.
- Return the bike to its previous position.

EVERY MONTH

- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the pedal arm wheels and guide rails.